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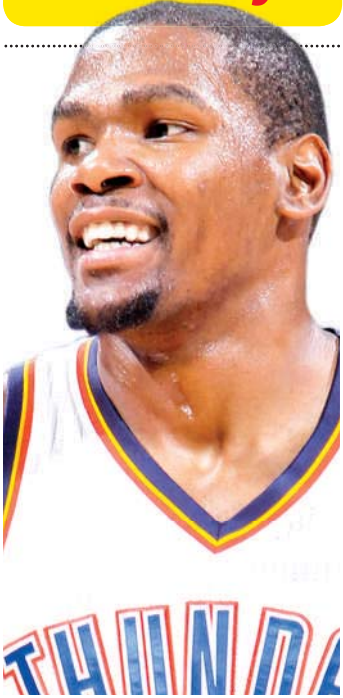
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Tuesday



COMING OF AGE

Durant's young but tested Thunder prep for LeBron's Heat **15**

BRYSON CITED

Seizure is eyed in Commerce secretary's hit-and-run incident **4**

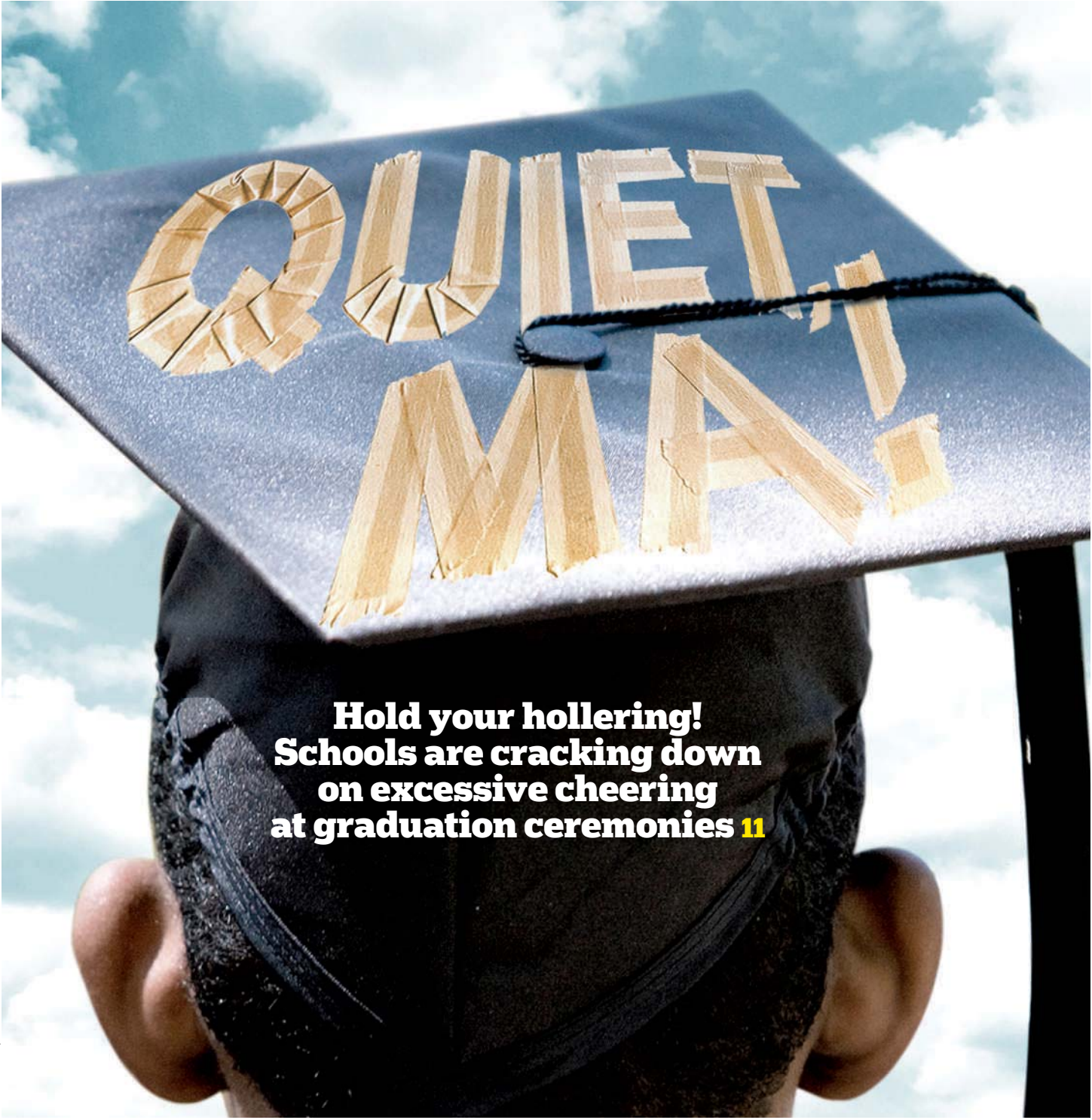
DRY GOODS

Had enough water? Find a local pool with alternative activities **19**

am **83** | **72** pm

FOR EXTENDED FORECAST, SEE PAGE 33

JUNE 12, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



Hold your hollering!
Schools are cracking down
on excessive cheering
at graduation ceremonies **11**

ISTOCKPHOTOS/EXPRESS ILLUSTRATION



eye openers

COLOR PALETTES

‘Hold Your Fire! Yellow Really Washes Me Out!’

Police say a Galveston, Texas, woman whipped out a paint ball gun and opened fire to stop a burglary suspect. A man who sometimes mowed the woman's yard was arrested inside her home and has been charged with burglary of a habitation with intent to commit theft. The man was struck by paint several times. (AP)

“The ultimate goal will be to produce a bacterial fermented seamless garment that forms without a single stitch.”

— GARY CASS, AN AUSTRALIAN SCIENTIST WHOSE TEAM CREATED A COTTONLIKE FABRIC BY ADDING A BACTERIA, ACETO-BACTER, TO VATS OF RED WINE, THE DAILY MAIL REPORTED.

BAD IDEAS

Potato Salad Day Fells School’s Cafeteria Crew

Cafeteria workers in a Sharpsville, Pa., school district have won the right to eat expired food for free. The American Federation of State, County and Municipal Employees filed a grievance against the district last year after school officials “violated established past practice” by no longer allowing workers to eat the expired food for free. (AP)

The Big Picture



EVEL KNIEVEL’S BABY-JUMPING RECORD STILL STANDS: A man representing the devil leaps over babies during the festival of El Colacho on Sunday in Castrillo de Murcia, Spain. The ritual represents the devil taking away original sin from the newly born babies by leaping over them. (GETTY)



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A Publication of the The Washington Post

First Sandusky Witness Testifies

Child sex abuse trial opens with graphic testimony from man

Bellefonte, Pa.

Jerry Sandusky's trial in the Penn State scandal opened in graphic fashion Monday with the first witness testifying that the retired coach molested him in the locker-room showers and in hotels while trying to ensure his silence with gifts and trips to bowl games.

The man, now 28 and dubbed "Victim 4" in court papers, left nothing to the imagination as he told the jury about the abuse he said he endured for five years beginning when he was a teenager in the late 1990s.

"I've denied it forever," he testified, looking straight at the prosecutor as Sandusky sat motionless nearby.

Sandusky, 68, faces 52 counts that he sexually abused 10 boys over 15 years. The former assistant football coach has denied the allegations. His arrest last year led to the ouster of beloved Hall of Fame



In this courtroom sketch, Jerry Sandusky listens to opening statements Monday during the first day of his child sexual abuse trial in Bellefonte, Pa. He faces 52 counts.

"I feel if I just said something back then ... I feel responsible for what happened to other victims."

— "VICTIM 4," IN TESTIMONY AT THE TRIAL OF JERRY SANDUSKY, ON HIS REGRETS OVER NOT COMING FORWARD SOONER.

coach Joe Paterno and Penn State's president.

In opening statements, prosecutor Joseph McGettigan III told the jury that Sandusky was a "predatory pedophile" who methodically used his youth charity, The Second Mile, to zero in on fatherless children or those with unstable home lives, plied them with gifts and took advantage of them sexually.

Sandusky lawyer Joe Amendola countered that the case is flimsy and that some of the accusers apparently intend to sue and have a financial stake in the case.

"Victim 4" spoke calmly and firmly under questioning by the prosecutor. In the car, he said Sandusky "would put his hand on my leg, basically like I was his girlfriend. ... It freaked me out," the man said.

The man said he met Sandusky through The Second Mile and that they began showering together in 1997. What began as "soap battles" quickly progressed to oral sex and other contact, the accuser said.

The witness said Sandusky occasionally sent him "creepy love letters." One letter, shown in court, was handwritten on Penn State letterhead and signed "Jerry." It read: "I know that I have made my share of mistakes. However I hope that I will be able to say that I cared. There has been love in my heart."

Eventually, as the man got older and acquired a girlfriend, he became "basically sick of what was happening to me" and distanced himself from Sandusky. They last spoke in 2002. GENARO C. ARMAS (AP)

In Brief

WASHINGTON

House Panel Schedules Contempt Vote on AG



Holder

A House committee looking into a flawed gun-smuggling probe in Arizona announced Monday that it will consider holding Attorney General Eric Holder in contempt of Congress next week for failing to produce documents the panel is seeking. The committee has scheduled a contempt vote for June 20. (AP)

SACRAMENTO, CALIF.

Gang Member Accused In Deadly Home Attack

Police identified paroled gang member Xue Lor on Monday as the suspect in a late-night weekend assault that left four people dead in Sacramento, including the gunman, in a Sacramento home, authorities said. (AP)

WASHINGTON

Supreme Court Refuses To Hear 'Birther' Appeal

The Supreme Court refused Monday to hear an appeal from Alan Keyes, Wiley Drake and Markham Robinson challenging President Obama's U.S. citizenship and his eligibility to serve as commander in chief. The challengers allege that Obama was born in Kenya. (AP)



Adopt-a-Quandary: The International Keystone Knights of the KKK applied last month to join Georgia's "Adopt-A-Highway" program, creating a quandary for state officials hesitant to acknowledge a group with a violent, racist past on a roadside sign. State Rep. Tyrone Brooks, who is president of the Georgia Association of Black Elected Officials, said the group will pursue legal action should the KKK's application be approved. (AP)

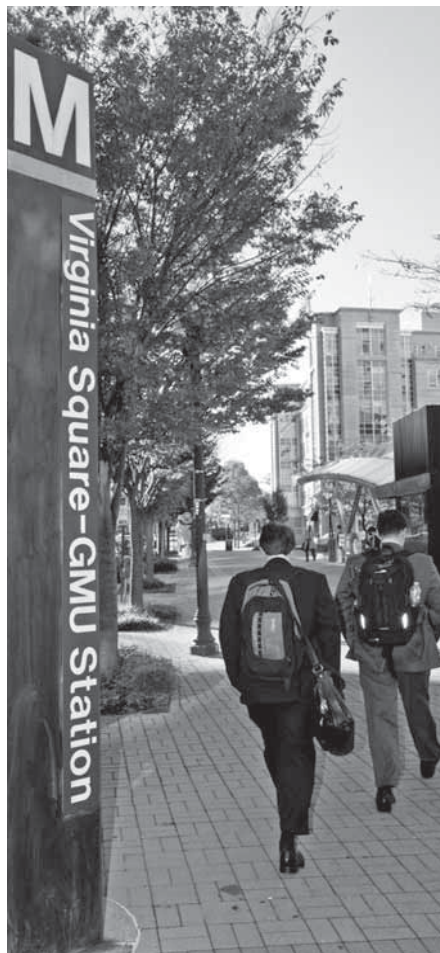
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Nation

U.S. Probes Hit-and-Run By Commerce Secretary

Agency: Bryson had seizure but 'limited recall' of incidents

San Gabriel, Calif.

U.S. Commerce Secretary John Bryson was treated for a seizure this weekend in Los Angeles County after he drove his car into two other vehicles in separate accidents.

Bryson, 68, is being investigated for felony hit-and-run violations after the car he was driving struck two vehicles within five minutes Saturday, police in Los Angeles said.

Bryson suffered a seizure Saturday afternoon, Commerce Department officials said Monday, but it wasn't clear whether the medical episode preceded or followed a hit-and-run crash. He was cited for felony hit-and-run, although he has not been charged.

Bryson has a "limited recall of the events," an official said, who spoke on condition of anonymity.

Bryson, 68, was driving alone in a Lexus in San Gabriel when he struck the rear of a vehicle that had

Meanwhile ...



The crashes U.S. Commerce Secretary John Bryson was involved in drew attention because of possible health

concerns involving a member of President Obama's Cabinet, as well as the challenge investigators face when trying to determine if someone should be held criminally responsible in cases involving adverse health. (AP)

stopped for a passing train, authorities said. He spoke briefly with the three occupants and then hit their car again as he departed, investigators said. Bryson then struck a second car in Rosemead, where he was found unconscious in his car, authorities said. Bryson returned to Washington on Monday.

White House press secretary Jay Carney said the administration was gathering information. "We're obviously concerned about the incident, about the health-related issues that played a role in this incident," Carney said. (AP/BLOOMBERG)

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Facebook to Join Apple's iFamily

San Francisco

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Siri, Apple's voice-command application, will add a host of new languages. "She" will also be able to launch applications and movies and run on iPads for the first time.

Apple says the new software,

\$571.17

The price Apple's stock closed at Monday. It opened at \$587.64. (AP)

iOS 6, will launch this fall. It updates the software annually, coinciding with the release of a new iPhone.

On the hardware side, Apple showed off a laptop with a super-high resolution "Retina" display, setting a new standard for screen sharpness. The new MacBook Pro will have a 15-inch screen and four times the resolution of previous models, Apple executive Phil Schiller said. MICHAEL LIEDTKE (AP)



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Nation

Fed: Families' Wealth Shrank By 39 Percent

Washington

The net worth of the American family has fallen to its lowest level in two decades, according to government data released Monday, driven by a more than 40 percent drop in their stakes in their homes.

The Federal Reserve's detailed survey of consumer finances showed families' median wealth plunged from \$126,400 in 2007 to \$77,300 in 2010 — a 39 percent decline. That put them on par with median wealth in 1992. The survey is conducted every three years.

(THE WASHINGTON POST)

Violent Crime On the Decline

Washington

The number of violent crimes reported to police in 2011 dropped last year from 2010's figures, marking the fifth straight year of improvement, according to preliminary FBI data for 2011 released Monday.

Violent crime decreased in all four regions: 4.9 percent in the Midwest; 4.7 percent in the West; 4.5 percent in the South and 0.8 percent in the Northeast.

There was, however, an increase in murder in the Midwest — 0.6 percent — and an 18.3 percent jump in murder in cities with populations of less than 10,000. (AP)

Colorado Wildfire Rages Out of Control



TRACY GREENWOOD EMBRACES daughter Mariah Greenwood, left, as a wildfire burns around their home west of Fort Collins, Colo., on Monday. The out-of-control fire has damaged or destroyed nearly 120 structures.

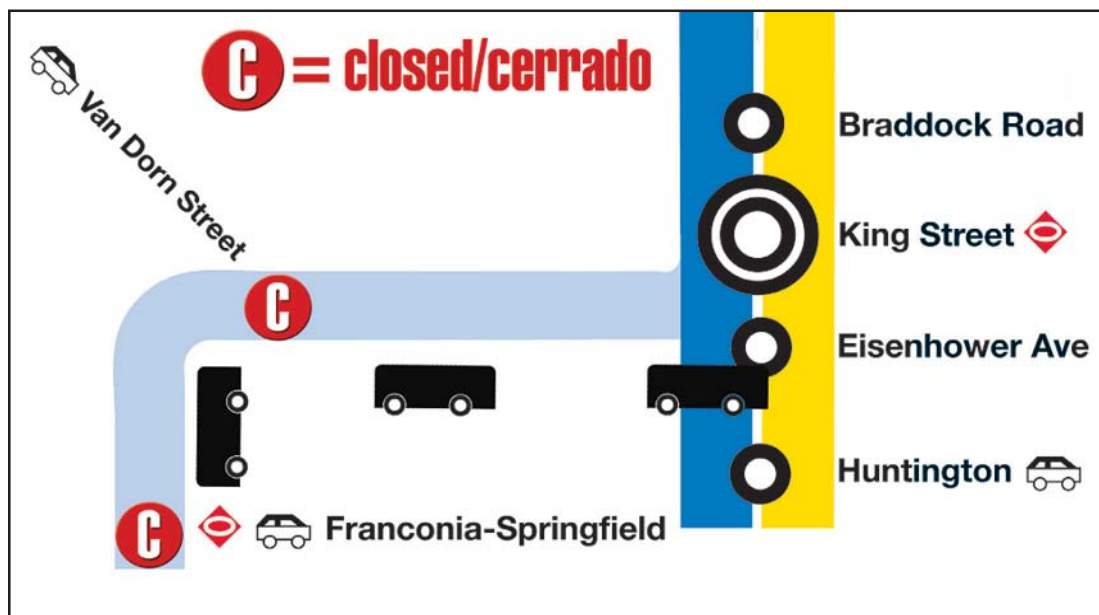
Hearings



“There’s a greater likelihood that I’ll be asked by Madonna to go on tour as her bass player.”

— **FORMER ARKANSAS GOV. MIKE HUCKABEE**, ON ABC'S "THIS WEEK" PANEL ON SUNDAY, SAYING HE HAS NOT BEEN ASKED FOR BACKGROUND INFORMATION FROM MITT ROMNEY'S VICE PRESIDENTIAL SELECTION TEAM.

TRACK WORK THIS WEEKEND



From Friday, June 15 at 10 p.m. to Sunday, June 17 at closing:

Buses replace trains on the Blue Line between Eisenhower Ave and Franconia-Springfield. This section of track must close so that VDOT can replace girders along Telegraph Road.

To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



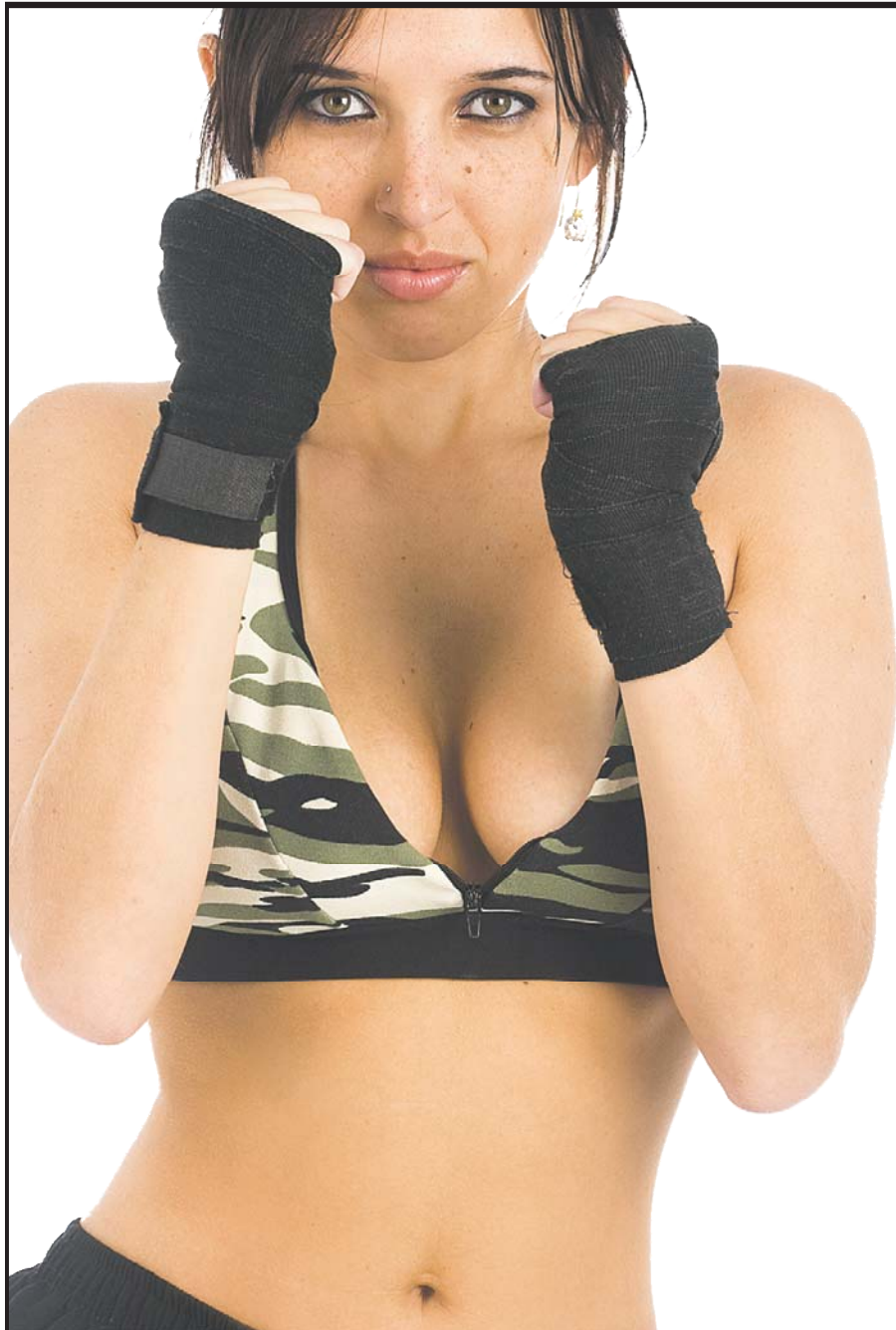
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World

In Brief



Residents throw water on a blaze Monday amid clashes in Sittwe, Myanmar.

SITTWE, MYANMAR

Homes Burn in Myanmar As Sectarian Strife Rises

Security forces patrolling a tense town in western Myanmar collected bodies Monday from homes burned to ashes in some of the country's deadliest sectarian bloodshed in years. The conflict along ethnic and religious lines has left at least seven people dead and hundreds of homes torched since Friday. (AP)

BEIRUT

U.S. Condemns Syria For 'New Horrific Tactics'

The U.S. accused the Syrian government of using "new horrific tactics" Monday, as U.N. observers reported Syrian helicopters were firing on rebellious areas and concerns mounted that civilians were trapped in besieged cities. Activists reported more than 50 people killed across Syria on Monday. (AP)

KIEV, UKRAINE

2 EU Envoys to Observe Case Vs. Tymoshenko

Two EU representatives arrived in Kiev on Monday to observe the legal proceedings against jailed former Ukrainian prime minister Yulia Tymoshenko, who has been sentenced to seven years for abuse of office and also faces a number of other charges. The West has condemned the prosecution of Tymoshenko, the country's top opposition leader, and has called for her release. (AP)

Egypt on Edge as Mubarak Fades

Ex-leader's health declines as critical runoff draws closer

Cairo

Hosni Mubarak's health worsened Monday, with doctors twice having to use a defibrillator on the imprisoned former leader, adding to the tumult in Egypt before this weekend's runoff election for president.

Mubarak, 84, was slipping in and out of consciousness, according to officials at Torah prison, where he is serving a life sentence. Doctors there could not find a pulse twice, and used the defibrillator, they said.

Mubarak's health crisis came at time of political anxiety in Egypt, with Ahmed Shafiq, Mubarak's last prime minister, facing Mohammed Morsi of the Muslim Brotherhood in a showdown at the ballot box this coming weekend.

"He is causing everyone a headache," said Ahmed Badawi, who participated in last year's Arab Spring uprising that ousted Mubarak.

Backstory

Hosni Mubarak's death would bring down the curtain on a chapter of Egypt's modern history that has divided this mainly Muslim nation of 85 million people. Mubarak's 29 years in power are the second longest by any ruler of Egypt since the 19th century, and his rule has been defined by corruption, police brutality and the behind-the-scenes rise to power by a coterie of regime-backed businessmen.



The health of Hosni Mubarak, seen in January, has declined since his ouster in 2011.

rak. "He is definitely feeding the nervousness we are all living in these days."

Egypt is in the home stretch of a 16-month transitional period overseen by the military council that

succeeded him — a time that has seen the rising power of the Islamists, deadly street protests and gross human rights abuses blamed on the generals.

The generals have promised

to hand over power to a civilian administration by July 1, about 10 days after the winner of the runoff is announced.

But that all could be thrown into chaos Thursday if Egypt's highest court — the Supreme Constitutional Court — rules that legislation banning Mubarak regime figures from running for office is constitutional. Shafiq would be booted out of the race, the runoff would be canceled and the first round of voting would be repeated.

The court could also uphold a lower court ruling that the law governing parliamentary elections held over three months starting in November was unconstitutional. That decision could lead to the dissolution of the Islamist-dominated parliament or a partial repeat of the election.

Should Mubarak die in the coming days, it could also impact the result of the runoff.

"We are a very emotional people. So, if Mubarak dies before the election, there will be an outpouring of sympathy for the regime," said Mahmoud Zaki, a political activist. HAMZA HENDAWI (AP)

Crisis in Europe Unabated by Spain's Bailout Push

London

The weekend plan to rescue Spain's ailing banks was supposed to boost confidence in Spain and the other 16 countries that use the euro. The skeptics said it would provide only temporary relief for the markets. In the end, it barely even did that.

Stocks and bonds surged in the first hour of trading on Monday, a knee-jerk reaction to the news that Spain would funnel to banks up to \$124.7 billion in loans from its euro partners. But hours later, stocks

Up Next

The greatest uncertainty hanging over Europe this week is Greece, which holds a national election Sunday. The radical left-wing Syriza party has campaigned on a plan to refuse to live up to the terms of the country's \$170 billion international aid package. If it were to do so, Greece could lose access to the money that is keeping the government solvent and be forced to leave the euro. (AP)

were back down, government borrowing costs up and bad economic news piled up across Europe.

Italy released data Monday that confirmed the country is in recession and has little likelihood of a big recovery this year, despite efforts by Premier Mario Monti to push through reforms to make the economy more competitive.

Meanwhile, Cyprus, the 15th smallest economy in the eurozone, acknowledged Monday it was considering applying for an emergency loan package for its banks. (AP)

Hearsay



"I'm afraid half [of Afghanistan] is falling into the hands of the Taliban."

— GORDON BROWN, FORMER U.K. PRIME MINISTER, LAMBASTING MEDIA MOGUL RUPERT MURDOCH BEFORE THE BRITISH MEDIA ETHICS INQUIRY AND SAYING THAT A MURDOCH TABLOID HAD UNDERMINED THE BRITISH WAR EFFORT IN AFGHANISTAN.



Check, Please: British Prime Minister David Cameron and his wife got home from lunch with friends at an English pub to realize they forgot something: 8-year-old daughter Nancy, who was quickly reunited with her parents. The months-old incident was revealed Monday by The Sun newspaper, meaning Cameron's parenting skills took a drubbing just weeks after the government set up a program to give parents classes on how to raise them. (AP)

World

Russian Protest Leaders Raided

Moscow

Russian investigators searched the apartments of several protest leaders Monday and called them in for questioning Tuesday, making it difficult if not impossible for them to lead a demonstration against President Vladimir Putin planned for the June 12 national holiday.

It was a sudden escalation in pressure on the opposition, but tensions already were running high.

Putin has taken a harder line against the opposition since returning to the presidency in May, seemingly no longer willing to tolerate the peaceful protests that drew tens of thousands of people into the

Backstory

A measure Vladimir Putin signed into law on Friday will raise fines on those who take part in unauthorized protests 150-fold, to nearly the average annual salary in Russia. A protest in Moscow planned for Tuesday has city approval, but any actions that violate the agreed upon location and timeframe could give police a pretext to make arrests. (AP)

streets ahead of the March election that handed him a third term.

The top Twitter hashtag in Russia on Monday was "Welcome to the Year '37," a reference to the height

of the purges under Soviet dictator Josef Stalin.

Opposition activists predict the government crackdown on dissent and the anger it has fueled will bring out more protesters Tuesday, a patriotic holiday called Russia Day. The day marks when Russian lawmakers declared independence from the Soviet Union in 1990 by giving supremacy to Russian laws over Soviet legislation.

The Kremlin, however, appears to be betting that the tough measures will frighten away the young professionals whose new political activism has posed the first serious challenge to Putin since he came to power in 2000. (AP)



Sidelined: Israeli Prime Minister Benjamin Netanyahu tore his left hamstring playing soccer with Jewish and Arab youths on Monday, officials said. Netanyahu, 62, was taking part in the game in an effort to promote Israeli tourism when he slipped, "got up, continued to play and scored a goal," his office said. He was sent home to rest and will return to work Tuesday. (AP)

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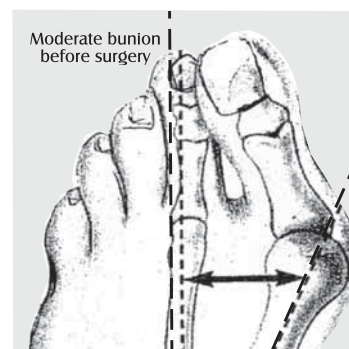
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World

NATO to Curb Airstrikes on Afghan Houses

Policy shift follows attack that killed 18, including civilians

Kabul, Afghanistan

The decision by the top American commander here to stop using aircraft to bomb Afghan homes, while striking in tone, actually represents only a subtle shift in the ground realities of the war against the Taliban, according to U.S. military officials in Kabul.

On Monday, commanders in Kabul were refining the language of a new order that is intended to make airstrikes on Afghan homes a last resort to be used only to pro-



the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara, officials said, and residents estimated that between 25 and 30 houses disappeared. (AP)

tect troops in danger. Over the weekend, Gen. John Allen met with Afghan President Hamid Karzai, who was angered by a recent U.S. airstrike that left 18 Afghans dead in Logar province, and he pledged

Meanwhile ...

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday, officials said. An earthquake measuring a magnitude 5.4 struck

to address the issue.

"What we have agreed is that we would not use aviation ordinance on civilian dwellings," Allen told reporters in Kabul on Monday. "Now that doesn't obviate our

inherent right to self-defense. We will always ... do whatever we have to do to protect the force."

Karzai has repeatedly demanded that U.S. forces take greater precautions to avoid collateral damage to Afghans. His outrage over civilian deaths has been a main point of tension in the deteriorating relationship between the U.S. and Afghanistan.

The issue flared again last week, when a raid targeting Taliban fighters ended up killing several civilians who had come to the home to attend a wedding.

Afghan officials said 18 civilians died, but U.S. officials said that some of the dead included insurgents. (THE WASHINGTON POST)

Hearsay

"I told my teacher that I wasn't going to school and not to expect me in class for a few days because I was going to be out supporting my idol."

— FERNANDA GUTIERREZ APARICIO, 13, A SEVENTH-GRADER IN MEXICO CITY, ON MONDAY DISCUSSING HOW SHE WAS MISSING THE WEEK OF CLASSES LEADING UP TO A FREE TWO-HOUR JUSTIN BIEBER CONCERT IN THE CITY. MORE THAN 200,000 TWEENS AND THEIR PARENTS WERE EXPECTED TO BE IN ATTENDANCE.



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Cover Story

Loud Cheering Punished

A MOM ARRESTED: At Ilesha Cooper's high school graduation from South Florence in South Carolina this month, her mom, Shannon Cooper, whooped it up and was led out in handcuffs on a disorderly conduct charge that cost her \$225 bond and several hours in custody. "I got up and I said, 'Yay, my baby made it, yes!' It was just a regular cheer," Shannon Cooper grumbled to TV station WPDE. Ilesha Cooper was in tears when she saw her mom cuffed in a police van. The crowd had been warned not to cheer or they'd be tossed out. (AP)

DIPLOMAS DENIED: Four high school seniors at Mt. Healthy in Cincinnati were denied diplomas on May 23 due to "excessive cheering" by their guests. Schools Superintendent Lori Handler said the problem wasn't the loudness of the yells, but their duration, which she said halted the ceremony. The principal told the graduates to perform 20 hours of community service in exchange for their diplomas, though they technically graduated. (AP)



MEGAN W. REID/KITSAP SUN/AP

or college really punish a grad for misbehaving loved ones?

The law differs from state to state and policies from school to school, said Ken Griffith, president of the National Association of Secondary School Principals.

But in 40 years as an educator and administrator in Wyoming, where even his tiny school in Guernsey has seen some airhorn action at graduation, Griffith thinks commencements have turned away from something more akin to weddings.

75.5%

The national high school graduation rate in 2009, up from 72 percent in 2001, according to a report by a nonprofit group released earlier this year. (THE WASHINGTON POST)

"It used to be very sedate. Now it's more of a sporting event," he said. "The hooting and hollering impinges on the rights of other folks, but generally the kid should not be punished for what the family or the crowd has done."

Many high schools and colleges dole out empty diploma holders as a deterrent, forcing seniors to collect the real thing after commencement is over. At other schools, officials have taken more unusual steps, such as when Archbishop Thomas Rodi refused last year to take photos from the commencement line with two grads at McGill-Toolen High School in Mobile, Ala., because of disruptions when their names were called. The school's commencement went off smoothly this year, said the Rev. Msgr. Stephen E. Martin.

School officials defend rules on cheering as fair so all graduates can be recognized, and necessary to keep lengthy commencements commencing.

"They have indeed worked hard," Griffith said of graduates. "And because of that hard work, people should respect the ceremony, they should respect the classmates, they should respect people around them."

"Celebrate later. Celebrate all you want. Later." LEANNE ITALIE (AP)

For Crying Out Loud

Sharp penalties for over-the-top cheering for grads are causing a stir

New York

Year after year it's a sure bet that the comforting graduation mainstay "Pomp and Circumstance" is drowned out on occasion by airhorns, cowbells or the sheer lung power of proud friends and family.

What appears to have changed is stiffer retribution for those in the crowd who don't want to save the party for later.

In one case, a cheering mom

was led off in handcuffs. In another, four grads were denied their diplomas because friends hooted too loudly.

Jon Guriel understands how disruptive the hooting and hollering can be.

When he collected his master's degree from Slippery Rock University in Pennsylvania, the loved ones of the graduate before him celebrated a little too loudly for a little too long, including a shout-out from her son: "That's my mom!" They were still cheering during Guriel's walk.

"I had a professor and several classmates who questioned me afterward as if I skipped the ceremony simply because they never heard my name called," said

Fighting Words

"I'm all for respecting other families, but parents should be able to cheer their kids on."

KEISHA PICKETT,
A READING TEACHER AT HILLSBOROUGH HIGH SCHOOL IN TAMPA, FLA.

"The more latitude you give, the harder it is to supervise."

KEN GRIFFITH,
PRESIDENT OF THE NATIONAL ASSOCIATION OF SECONDARY SCHOOL PRINCIPALS.

the 29-year-old software salesman in Raleigh, N.C., who graduated in 2005. "I felt very cheated."

But how far is too far in cracking down on guests at graduation ceremonies? And can a high school



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Fixing the Weekend Problem

Q A few weeks ago you asked why people take Metro on the weekends, given the track work and delays. I recently decided to consider the bus. I went to Metro's online trip planner to plan a route I am familiar with — a simple route up Lee Highway in Arlington, no transfers. Metro's trip planner sent me almost a mile out of my way in the wrong direction. I would be very hesitant to rely on the bus directions from Metro on an unfamiliar route. What are your thoughts?

I'm glad you're testing alternatives. I think it's important that travelers

realize the Metrorail delays and disruptions on weekends are becoming a way of life, and that they should at least see if they can find some better way to get where they're going. If Trip Planner led you astray, be sure to report that to Metro in the hope that it could get fixed and others won't go through the same thing you went through. More generally, people might test the Trip Planner results against what they see in Google Maps directions, which give the driving, transit, cycling and walking alternatives. One thing I've realized in a couple of exchanges: Be sure to enter the correct date of your travels into Trip Planner.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q In a recent chat, you wondered why people took Metro on weekends. One person wrote that he is disabled, so he had little choice. You suggested taking MetroAccess (or whatever that specialized van service is). Do you realize how irresponsible that response was? As a fare- and taxpayer, I do not want to subsidize MetroAccess service for someone who is disabled but could use the regular system (which I bet applies to most disabled people). And your original question — why use Metro on weekends — seemed very naive. Do you think you were off-base on this topic?

No. If a rider qualifies for MetroAccess, the rider should consider MetroAccess, especially if that rider thinks he or she can't use the regular service. It's far cheaper for the transit system to provide regular service, which is why Metro has been trying to get people with disabilities to consider that. Regarding the state of weekend service: People write in all the time to tell me how much they hate the disruptions and delays on weekends. It's a big problem and it's going to exist for the foreseeable future. Under those circumstances, do you really think it's naive to ask people whether they've considered alternatives?

Q What is going on with the odors that are prominent throughout Metro stations? It was originally reported that it

was organic brake pads, but Metro spokesman Dan Stessel denied it, saying it was dried-up sewers. However, the smell has been observed after rainstorms, and in the outdoor stations as well. What is really happening here?

I think it's most likely still the brakes. Riders have been reporting that odor problem for several years and at stations across the entire system.




Q One thing that would really help with overcrowding is more eight-car trains. Is that ever going to happen?

Not only are the scheduled and unscheduled service disruptions a way of life, but also, there's no plan to increase the overall number of rail cars, which would create more eight-car trains.



Better bus service. Who's on board?

MetroExtra buses are the blue buses that get people where they're going faster — up to 20% faster — because they make fewer stops. And on June 17th, we're making MetroExtra bus service even better on several of D.C.'s busiest travel corridors.

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fyi:

Also on June 17, look for changes to Metrobus service on these routes:

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MD: C8, D12, D13, D14, F4, F6, NH1, Q1, Q2, Q4, Q5, Q6, R1, R2, R3, R5, Y5, Y7, Y8, Y9
VA: 3T, 3Y, 4A, 4B, 4E, 4H, 7M, 9E, 10E, 15L, 16B, 16E, 22A, 28A, 28X, REX

More information at wmata.com.

GOP Senate Race Is Main Event

Primary featuring George Allen is focus as Va. heads to polls

Richmond, Va.

Republicans will head to the polls Tuesday in Virginia's primary election to choose a candidate to face former Gov. Timothy M. Kaine, a Democrat, in the state's marquee race for U.S. Senate in November.

In Northern Virginia, Democrats will decide whether Rep. James P. Moran deserves to prevail over a primary challenger while Republicans will pick among two

candidates running to take on Rep. Gerald E. Connolly, a Democrat. On the local front, Alexandria Democrats will winnow down a long list of City Council hopefuls.

The main event in the primary is the Republican Senate contest, where three candidates are challenging front-runner George Allen, a former governor and senator who far surpasses them in fundraising and name recognition. The contentious and expensive race to succeed Sen. James Webb, a Democrat who is retiring, is expected to help determine the Senate's balance of power next year.

Allen's rivals — Chesapeake minister E.W. Jackson, Del. Robert



PATRICK KANE/AP

GOP Senate candidate George Allen at a campaign event for energy on May 2.

G. Marshall (Prince William) and tea party activist Jamie Radtke — have spent months running to his right and criticizing him for failing to challenge the status quo.

But Allen has set his sights on Kaine, focusing on his terms as governor and Democratic National Committee chairman for President Obama.

Allen has been careful to avoid gaffes like those that contributed to his reelection loss in 2006, mostly speaking generally about the need for new energy sources, smaller government and less regulation. He has not answered questions on pay equity legislation, a plan by Rep. Paul Ryan, R-Wis., to overhaul entitlements and whether he would support requiring women to undergo ultrasounds before abortions. ANITA KUMAR AND BEN PERSHING (THE WASHINGTON POST)

An Unusual Plea to the President



HARAZ N. GHANBARI/AP

FIRE DEPARTMENT PERSONNEL cut the locks off a cage containing David Bronner, CEO of Dr. Bronner's Magic Soaps, who was protesting near the White House Monday. Bronner, whose company uses hemp oil in its products, used a microphone to call on President Obama to allow hemp harvesting in the U.S.

Metro Promotes Transitions to SmarTrip Cards

Washington

Metro is rolling out new measures intended to encourage customers to switch from paper farecards to plastic ones.

On Monday, Metro began allowing travelers to transfer up to \$20 from a paper farecard to a plastic SmarTrip card. Previously, the maximum transfer was \$7.

Metro says 90 percent of bus riders and more than 80 percent of train riders use SmarTrip cards.

Beginning July 1, customers that use paper farecards will be charged an additional \$1 per trip.

SmarTrip cards cost \$5, but Metro says it plans to offer customers who purchase new cards a \$3 rebate when they register the card online. (AP)

D.C. Board Sets Special Election

Washington

Kwame Brown's resignation as chairman of the D.C. Council was certified by the District's elections board Monday. The board also scheduled a special election to replace Brown for Nov. 6, the same day as the general election.

Brown, a Democrat, resigned last week after he was charged with lying about his income on bank loan applications. He pleaded guilty on Friday to that charge and a campaign finance violation.

Councilmember Mary Cheh is acting chair until Wednesday, when the Council will meet to select an interim chair. At-large councilmembers Phil Mendelson and Vincent Orange are angling for that job, and Mendelson has said he intends to run for chairman in the special election. (AP)

The Lotteries

Monday, June 11

Maryland

Mid-day Pick 3 4-3-5
Evening Pick 3 (Sun.) 8-1-8
Mid-day Pick 4 0-3-5-3
Evening Pick 4 (Sun.) 2-6-0-7
Match 5 (Sun.) 2-3-5-13-25 (9)

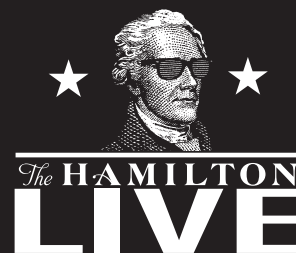
District

Mid-day Lucky Numbers 6-5-1
Evening Lucky Numbers (Sun.) 1-8-9
Mid-day DC 4 9-7-7-0
Evening DC 4 (Sun.) 2-5-2-3
Mid-day D.C. Five 4-4-7-4-9
Evening D.C. Five (Sun.) 6-9-3-8-3

Virginia

Mid-day Pick 3 3-0-2
Evening Pick 3 (Sun.) 8-1-4
Mid-day Pick 4 3-4-4-1
Evening Pick 4 (Sun.) 5-3-1-3
Mid-day Cash 5 (Sun.) 2-4-18-22-32
Evening Cash 5 (Sun.) 7-12-16-20-26

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



UPCOMING PERFORMANCES

WEDNESDAY, JUNE 13
SKI JOHNSON ALBUM PREMIERE

THURSDAY, JUNE 14
TAB BENOIT

FRIDAY, JUNE 15
JESSE WINCHESTER

SATURDAY, JUNE 16
THERESA ANDERSSON
W/ LUCIUS

SUNDAY, JUNE 17
ERIC LINDELL

WEDNESDAY, JUNE 20
RAY WYLIE HUBBARD

THURSDAY, JUNE 21
RUBBLEBUCKET
W/ DINOSAUR FEATHERS

FRIDAY, JUNE 22
SPANISH HARLEM ORCHESTRA

SATURDAY, JUNE 23
YELLOW DUBMARINE
W/ JORDAN AUGUST

SUNDAY, JUNE 24 10AM & 12:30PM
LIVE GOSPEL BRUNCH
W/ NAOMI SHELTON & THE GOSPEL QUEENS \$25

SUNDAY, JUNE 24
PHIL MATHIEU TRIBUTE

MONDAY, JUNE 25
GLEN DAVID ANDREWS

TUESDAY, JUNE 26
SIERRA LEONE'S REFUGEE ALL STARS

THURSDAY, JUNE 28
BETSY KINGSTON AND THE CROWNS

SATURDAY, JUNE 30
JESSE MALIN
W/ VINCE SCHEUERMAN

TUESDAY, JULY 3
MECHANICAL RIVER
W/ THE KERNAL, ANDREW COMBS

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A Finals Fantasy

NBA's biggest stars face off as Thunder seek first title, Heat land in familiar spot

NBA Finals

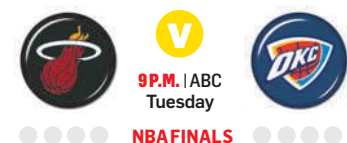
When the Oklahoma City Thunder signed five-time champion Derek Fisher late in the season, they added a veteran guard with oodles more NBA finals experience than the rest of the roster he was joining.

Whether Fisher can prepare his Thunder teammates for what they're about to face is another matter.

While the Miami Heat are returning to the finals for the second straight season, it'll be an eye-opening, first-time experience for most of Oklahoma City's youthful players. Only Fisher, starting center Kendrick Perkins and backup Nazr Mohammed have ever made it this far — all winning titles with other teams.

But for all the leadership Fisher has provided since joining the Thunder in late March, he doesn't plan any lectures for the team's younger set that includes three-time scoring champion Kevin Durant and All-Star point guard Russell Westbrook.

"With my experience, I've found it better to, on some level, allow guys to experience things for themselves in its natural state," Fisher said. The finals are sure to disrupt some parts of the Thunder's routine. Their practices will be uprooted from their brand-new training facility on the north side of town and instead held downtown at Chesapeake Energy Arena, where the Heat will also work out. They'll be surrounded by hundreds



- NBA FINALS**
- 1 Tue. @ OKC, 9 P.M. ET, ABC
 - 2 Thu. @ OKC, 9 P.M. ET, ABC
 - 3 Sun. @ MIA, 8 P.M. ET, ABC
 - 4 Jun. 19 @ MIA, 9 P.M. ET, ABC
 - 5 Jun. 21 @ MIA, 9 P.M. ET, ABC
 - 6 Jun. 24 @ OKC, 8 P.M. ET, ABC
 - 7 Jun. 26 @ OKC, 9 P.M. ET, ABC

of additional media members, and it's not uncommon for old friends and family to come out of the woodwork at what might not be the most opportune time.

"The bottom line is on the basketball court everybody feels com-

fortable," said coach Scott Brooks, a reserve on Houston's 1994 NBA championship team. "Everybody will have nerves, nervous butterflies, before the game. ... You're always nervous before the games until the tipoff. As a coach, I'm the same way. As a player, I was the same way. But that's part of it."

Seeking redemption for last year's finals loss to Dallas, Miami's roster should be aware of what's to come. The lion's share of the team is back from last season, and Dwyane Wade and Udonis Haslem were both on the 2006 squad that won it all. 2012 NBA MVP LeBron James will be making his third finals appearance, including one with Cleveland.

"It's been a long 12 months. But obviously when you lose in the

finals, it hurts," Wade said. "And you have to come into the season, you have to forget it. But you can't forget... So you play and you try to get back to this moment again so you can, in a sense, redeem yourself or, in a sense, put yourself in that position again to succeed."

Perkins — who won the title with Boston in 2008 — said he sensed growth in the Thunder's 20-somethings over the course of the season. He believes "guys knew what it takes to get where we needed to go."

There's only one step left to take. "You can't hide the fact that we have a young team, but that's never been an excuse for us and we don't look at it as one," Brooks said. "Young is good. I wish I was younger." JEFF LATZKE (AP)

Kevin Durant

The Oklahoma City forward, born in Washington, D.C., has led the league in scoring the past three seasons. This year, he averaged 28 PPG for the Thunder.

Lebron James

The superstar Heat forward won his third MVP award this season. James was third in NBA scoring at 27.1 PPG, behind the Lakers' Kobe Bryant.

NBA

Grizzlies Sold

Memphis Grizzlies majority owner Michael Heisley says he has an agreement to sell his NBA team to a group headed by California billionaire Robert J. Pera. Heisley announced the agreement Monday afternoon after reports that he finally had found a buyer for the team he moved from Vancouver to Memphis in 2001. The sale is subject to approval by the NBA Board of Governors and other conditions. ESPN.com reported the sale would be for approximately \$350 million. The Grizzlies went 41-25 this season. (AP)

Sports

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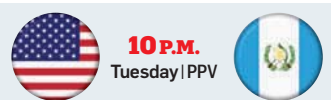
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U.S. Trudges on to Next Qualifier

Soccer

When the dust settled after the U.S. men's national team's 3-1 victory over Antigua and Barbuda Saturday night to open CONCACAF World Cup qualifying, the prevailing reaction was that while a better 90 minutes could have been played, the ultimate goal of netting three points was achieved.



There are no style points in qualifying for the World Cup, and as a result, the U.S. men can turn the page on Saturday's win while looking forward to Tuesday's game in Guatemala.

"You know going into this that it's a long process," U.S. forward



J. MERCIO/GETTY IMAGES

**Hercules Gomez after scoring against
Antigua and Barbuda in a 3-1 win Friday.**

Hercules Gomez said. "It's a long 16 games, long 18 months, and you know there's going to be ups, there's going to be downs, there's going to be good games, not so good games, and bad games. I think we all can look at ourselves close enough to

know [the Antigua and Barbuda game was] certainly not our best night. But having said that, it's three points."

Guatemala, which has not scored against the United States since 2000, is mired in a bit of a scandal after three regulars were left off the squad while in the midst of a match-fixing investigation. Winning on the road in CONCACAF is never an easy feat, no matter the opponent, but as the U.S. men showed Saturday, sometimes securing the points does not have to be pretty.

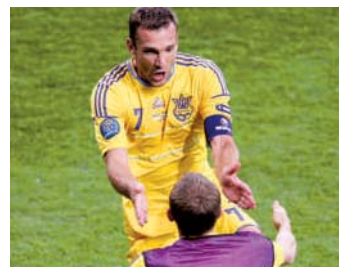
For fans in the D.C. area who want to see Tuesday's match, the options are either pay-per view or heading to a local bar that is showing the match after Guatemalan rights holders opted not to distribute the rights to a U.S. broadcaster. AVI CREDITOR (FOR EXPRESS)

Ukraine's Shevchenko Shines; England, France Tie

Euro 2012

Andriy Shevchenko trumped Zlatan Ibrahimovic on Monday, scoring two great headers to give Ukraine a 2-1 win over Sweden at the European Championship.

After Ibrahimovic had given Sweden the lead in the 52nd minute, Shevchenko responded by heading in the equalizer just three



MARTIN ROSE/GETTY IMAGES

**Ukraine's Andriy Shevchenko reacts
after scoring his second goal Monday.**

minutes later and then added the winner in the 61st.

The victory gives Ukraine a serious chance of advancing from Group D after England and France drew 1-1.

Shevchenko beat Olof Mellberg to a cross for his first goal and then met a corner with his head for the second, setting off shouts of "Sheva" at the Olympic Stadium. (AP)

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Nadal Caps Off 7th French Title

Day after rain delay, Rafa tops Djokovic, finishes record run

Tennis

Rain or shine, clay or mud, Sunday or Monday, Rafael Nadal rules Roland Garros.

The man they call "Rafa" won his record seventh French Open title Monday, returning a day after getting rained out to put the finishing touches on a 6-4, 6-3, 2-6, 7-5 victory over Novak Djokovic. He denied Djokovic in his own run at history — the quest for the "Novak Slam."



Rafael Nadal poses with ball boys after winning his seventh French Open title.

The match ended on Djokovic's double-fault, a fittingly awkward conclusion to a final that had plenty of stops and starts, including a brief delay during the fourth set Monday while — what else? — a rain shower passed over the stadium.

It was a 3-hour, 50-minute match spread over two days filled with momentum swings, outbursts, testy exchanges with the officials and then, finally, a familiar closing act: Nadal, the second-seeded Spaniard, down on his knees, celebrating a title at a place that feels like home.

"I suffered," Nadal said, "but I enjoyed." EDDIE PELLIS (AP)

TV Lineup

NATIONALS (7 P.M., MASN) The Nats take on the Blue Jays in their second of two north of the border at Toronto's Rogers Centre.

ORIOLES (7 P.M., MASN2) The O's host the Pirates in their fifth straight against teams from Pennsylvania.

EURO 2012 (11:45 A.M., 2:30 P.M. ESPN) Group A action continues as Greece takes on the Czech Republic in Wroclaw. In the late game from Warsaw, Poland tries to slow down Russia, coming off a 4-goal performance last week.

BASEBALL (8 P.M., 10 P.M. MLB) IN regional coverage, it's Red Sox/Marlins or Yankees/Braves, then Angels/Dodgers or Astros/Giants late.



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

WEEK SIX

SUPPORT: Strength in Numbers

A little assistance on the long road to a slimmer, stronger you is never a bad thing. That's where a support system enters the picture, and it comes in many forms: spouses, children, friends, gym buddies, personal trainers, and others. As certified Gold's Gym trainer Kyle Cook (from our Bailey's Crossroads location) puts it: "Support can pick us up when we are down, push us to work harder, help us eat smarter, and, most important, hold us accountable to ourselves." And for each of this year's Get Fit Challengers, support has been a powerful tool—more powerful, perhaps, than any exercise ball or elliptical machine.

This week, we talked to Paige to get a sense of the importance of support.



Where have you been getting your support?

Paige: I couldn't have asked for a better trainer than Kyle. There are times where he's had more faith in me than I've had in myself. He's been great on checking in with me every day to see how my workouts are going and how I'm feeling. And my friend Katie has been such an awesome workout partner! We're both pretty competitive, so we push each other during workouts to knock out a few more reps or race each other on the treadmill to see who can get their intervals done first.

When have you needed support the most? How did it help?

Paige: The toughest times have been either getting through difficult workouts or facing a number on the scale that was lower than expected. Kyle has been really great with getting me to think positive and reminding me that this is a journey, and that I'll have good days and bad days.

What is your advice for people who tend to go it alone?

Paige: If you don't have support from your friends or family, definitely look into working with a trainer and getting to know the staff at your gym. Becoming a recognizable face makes it harder for you to skip workouts—people will notice if you're not there!

Paige's trainer, Kyle, also provided insight into the merits of support.

Why is support such an important part of someone's personal fitness journey?

Kyle: Support reassures us that we are making progress and moving forward; it even helps us push harder. However, I think support plays the largest role on the days when you don't want to work out, when you've hit a plateau, when you want that cupcake, or when you don't want to get off the couch.

How does Gold's Gym provide support to its clients?

Kyle: We provide support to our members from the moment they walk in the door. We greet members by name and welcome them to have a good workout. Trainers help clients with encouraging words and tips on proper form. Having an engaging and knowledgeable staff, great equipment, and an upbeat atmosphere are all ways Gold's Gym helps support its members.



express

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CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Jim	204 lbs.	198 lbs.	28 lbs.	28 points
Paige	201 lbs.	198 lbs.	27 lbs.	28 points
Tamika	240 lbs.	238 lbs.	24 lbs.	23 points
Mike	314 lbs.	311 lbs.	25 lbs.	19 points
Vasanth	256 lbs.	250 lbs.	20 lbs.	16 points
Brittany	186 lbs.	183 lbs.	6 lbs.	12 points

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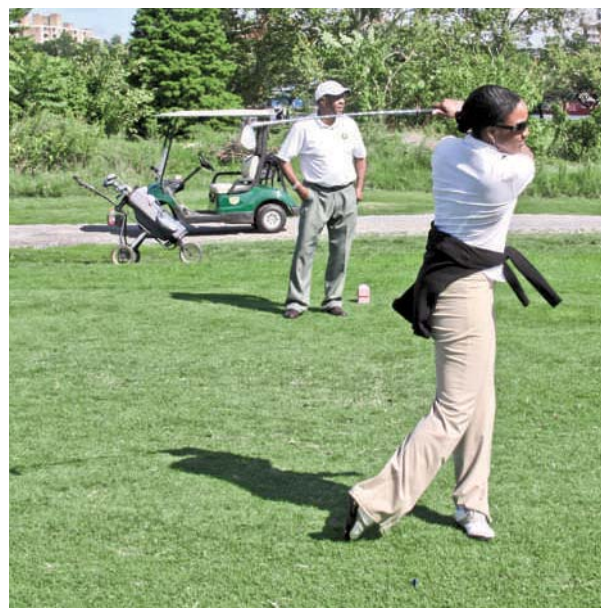
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Guinea Pig | Do Goo

If you don't want to wear a hat to protect your tresses, slather on Philip Kingsley's Swimcap (\$35.86/150 mL, Philipkingsley.com), which guards strands against sun, saltwater and chlorine. Wet your hair with tap water and comb through a dollop before swimming. It somehow made our tester's locks even softer after taking a dip in a chlorinated pool. But a note to the four-eyed: The product's slick consistency can make goggle straps slip.



COURTESY GOLF COURSE SPECIALISTS

East Potomac Pool

The location of Washington's only outdoor 50-meter pool is awesome not only because you have a monument view while doing laps, but also because it shares Hains Point with the East Potomac Park golf course (Golfdc.com). Community outreach coordinator Kimberly Thomas says the "pool people," as they're called on land, often chow down on pancakes in the clubhouse after a tough workout. And they have lots of opportunities for getting in golf that don't require doing the full 18 holes. A practice hole is \$14/hour for up to three people. The short par-3 course is \$10-\$13 for adults (and \$2.50 for kids). And the historic mini golf course, just 100 yards from the entrance to the pool, is \$5-\$6.50 per person. → **972 Ohio Drive SW; Dpr.dc.gov; free for residents, \$4-\$7 for non-residents; weekends, noon-6 p.m., and starting June 18, weekdays 1-8 p.m.)**

ALSO: The Rosedale Community Center (1701 Gales St. NE) boasts the newest pool in the District, as well as an artificial turf field, a basketball court and a playground.

HANG BY THE POOL

Sick of swimming? Towel yourself off and try these other activities

On a sweltering summer morning, it can feel like there's no better place to be than at a swimming pool. For a few hours. By then, your skin is wrinkled, you're bored by the diving board and you couldn't possibly handle another single round of Marco Polo. So if you don't want to throw in the towel on your day out, you'd better hope your deck chair is parked next to some other activity options. Here's a goggle-free guide to the area's best pools for folks who can only take so much swimming before going off the deep end. VICKY HALLETT (EXPRESS)



MARGELY/EXPRESS

Hotel Hangouts

Before you chill out, stretch out at the Liaison Capitol Hill (415 New Jersey Ave. NW; Affinia.com). On weekends, non-hotel guests can spend \$50 to "Tone, Taste, Tan": Take a rooftop yoga class (at 7:30 a.m.), get breakfast and then spend the rest of the day poolside.

Mother Trucker (\$15, Mothertruckerdc.com) on select Saturdays at the Capitol Skyline Hotel (101 St. SW) is more than just a pool party. Additional diversions include bounce houses, suspension aerial artists and lots of food trucks.



COURTESY NORTHERN VIRGINIA REGIONAL PARK AUTHORITY

Pirate's Cove Waterpark

There are plenty of treasures at this pirate-themed pool, including shell-shaped slides, water-spraying palm trees and Buccaneer Beach (a sand play area). When you realize you'd rather walk the plank than spend another minute there, however, you don't need to set sail. Instead, stick with kayaking, canoeing and standup paddle boarding — all are available on weekends at Pohick Bay Regional Park's boat launch facility on the Potomac River. Explore the wildlife in the area's marshes on your own or with a guided tour (\$30 per person). → **6501 Pohick Bay Drive, Lorton, Va.; Piratescovepohick.com; \$5-\$8; weekends 11 a.m.-7 p.m., and starting June 16, open daily 11 a.m.-7 p.m.**

ALSO: You'll never really strike out at Great Waves Waterpark (4001 Eisenhower Ave., Alexandria, Va.; Greatwaveswaterpark.com), which also features nine batting cages (three for softball and six for baseball). Helmets and bats are provided.

Bethesda Outdoor Pool

This community hot spot offers different pools for lap swimmers, kiddies and general water worshippers. But they can all get there the same way: via the Capital Crescent Trail. The BOP is just about half a mile south along the trail from downtown Bethesda, and from there, it's another scenic six miles into Georgetown. Although it seems like an ideal way to combine biking and backstroke, Montgomery County aquatics manager Doug Fox says few folks double up on their workouts. Trail users have a tendency to fill up the parking lots, however, so swimmers may find they're better off cycling or sprinting than driving. → **Little Falls Pkwy and Hillandale Road, Bethesda, Md.; Montgomerycountymd.gov; \$4-\$6 for residents, \$6.50-\$7.50 for nonresidents; noon-8 p.m. weekends, 1-8 p.m. weekdays)**

ALSO: Take a quick hike at Martin Luther King Jr. Pool (1201 Jackson Road, White Oak, Md.). The HeartSmart trail that starts just past the Swim Center is only 0.8 miles.



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- Master of Science Degree
- CPR & AED

To schedule an appointment with Gregory or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

With over 600 calories, a pina colada might be a great thirst quencher when relaxing at the beach, but remember these empty calories will go straight to those unwanted spots. Don't skip the morning beach run to kick-start your calorie burning furnace.

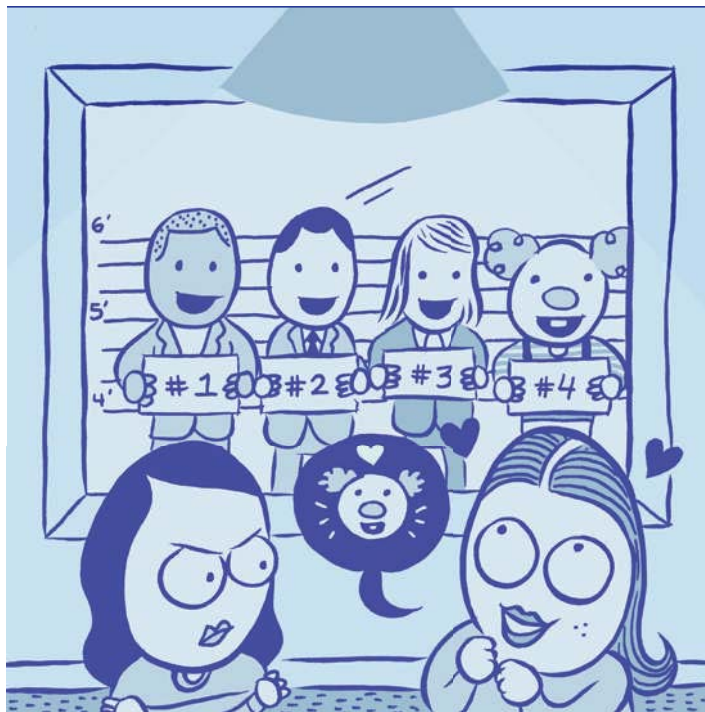
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baggagecheck



Secrets Straight Out of 'Mad Men'

Q I went to lunch with the wife of one of my husband's friends and she hinted that my husband was doing things that floored me — lots of time at strip clubs, drunken lunches, getting in trouble for taking the company car out too much, etc. My husband is very reserved and mild-mannered, but her husband knows him better than anyone, and I can see grains of truth in these stories. I feel like he's leading a double life. We are talking about having children. FEELING SICK

This is tricky, because it could be your husband's friend leading the double life, and what you're witnessing is some cover-up he's told his wife. Regardless, you're rightfully unsettled, and it seems you know deep down that your husband is probably a different man around you than he is elsewhere.

You need to talk. Start with: "I've got something on my mind, and it's been bothering me. I've heard some stories about how you are at work lately, and it doesn't seem like you. Can you help me understand what's going on?" It might be substance abuse; it might be depression, or it might be a deeper, darker deception. But you have to get the dialogue started.



By Dr.
Andrea
Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Attempt to Save the Date

Q My adult daughter is attractive and bright, but she makes terrible choices in men. There have been many opportunities for me to set her up with quality men, but she never lets me, and instead goes for the next bozo she sees who treats her poorly. There's a growing friction in our relationship because I can't stand around and watch her date these people when she won't even give my ideas a chance. FRUSTRATED MOM IN VA.

You know the saying: You can lead a daughter to a smart, handsome guy who knows how to make paella, but you can't make her date him!

I can imagine your annoyance at seeing her with these guys while you've got Prince Charming waiting in the wings. But if she's against the idea of a setup, then the chances of her emotionally opening herself up

to these possibilities are so nil that you're wasting your time. Back off and let your daughter make her own (cringe-worthy) choices — barring abuse, of course — and eventually, she'll remember that you have prospects for her. But she's got to feel like she chose that option rather than you forcing it on her, just like that time with the lima beans.

Event Horizon

Father Runs Best

There's no better gift for Father's Day than the chance to be a champion. If you're looking to keep the family busy before Sunday brunch, there's the Dash4Dad 4-miler at 8:30 a.m. at Pentagon Row (\$35-\$40, Dashfordad.org), which challenges runners to put on a necktie at the 1-mile marker. Does Dad prefer to sleep in? Then try the Father's Day 8K (\$35-\$40, Fathersday8k.com) along the C&O Canal Towpath, starting at 6:30 p.m.



MC Yogi

When he teaches his classes, MC Yogi is both instructor and DJ. "I make sure tracks are in the pocket," he says. Challenging misconceptions of what yoga music is ("It's not hippie chanting"), he'll play a few of his own songs, but students can expect to hear mostly other artists — and little English. If you can understand the words, it can take you out of your practice, he says. Stick around after class on Thursday for a concert of his music in an atmosphere unlike anything at a typical club. "There isn't a lot of posturing — except yoga posturing," he says. He's excited to introduce his new album, "Pilgrimage" (dropping June 19), a blend of hip-hop, electronica, dub and dancehall. "Music has the ability to carry the traditions of yoga," he says. → **Thu., class at 6 p.m., concert at 8:30 p.m.; \$20 for concert, \$50 for concert and yoga class; All Souls Church, 1500 Harvard St. NW, Mcyogi.com/tour**

Om and Hum

Yogis are embracing the role of music in their practice

Instead of lighters, concertgoers may be whipping out sun salutations at several upcoming shows. Yogis are always practicing to some kind of soundtrack, whether it's Top 40 tunes or their own breathing. But recently, the connection has grown stronger. "I see that yoga has crashed into the music world and music is crashing into yoga studios," says MC Yogi (aka Nicholas Giacomini), who's made a career out of performing hip-hop inspired by Hindu philosophy. He notes that Bonnaroo and Wanderlust, two of the country's largest summer concert festivals, also feature yoga. And he's found fans through a now-common practice: students asking yoga instructors for their playlists. His concert in D.C. this week is just one of a few notable upcoming events blending music and yoga. **VICKY HALLETT (EXPRESS)**

Shiva Rea's Yoga Trance Dance

Shiva Rea visits Washington regularly, but the renowned instructor has never led one of her signature trance dance sessions here before. That'll change over the "Summer Solstice Regeneration Weekend," when she offers a two-hour workshop explaining the history of ecstatic movement and giving participants a chance to feel the release that comes from this very different kind of yoga. "It's all music-driven. There is no trance dance without music," says Jessica Lazar, a local senior prana flow teacher. The experience begins with Rea cueing collective movements, such as lifting arms, crawling and jumping. "There's something about doing the same thing that takes away pressure to bust out the best steps," Lazar says. When students get comfortable in the rhythm of the dance, there are short spurts of free movement, giving them the chance to connect with their creative sides. → **June 23 at 7:30 p.m.; \$50; All Souls Church, 1500 Harvard St. NW, Flowyogacenter.com**



Vinyasa Vibes

The Sports Club/LA is pairing up recording artists and yoga instructors as a fundraiser for Susan G. Komen for the Cure Foundation. The first D.C. class (there have already been events in New York and L.A.) features the R&B stylings of Lalah Hathaway and a flow sequence by Mimi Rieger. Rieger is a music buff, so although she's never choreographed to songs before, she was psyched for the challenge. "The album has a varied scope. Some songs are mellow and soulful, others are upbeat," says Rieger, who adds that every time she's practiced in the presence of live music, "the energy is completely amped up." Participants will take home Hathaway's latest CD as well as Rieger's companion yoga sequence booklet. → **Today at 6:15 p.m.; \$25 for members, \$45 for non-members; The Sports Club/LA, 1170 22nd St. NW, 202-974-6600, TheSportsClubLA.com**

Still Beaming in Retirement

Ex-Olympic gymnast Shawn Johnson urges kids to explore ways to enjoy exercising

Gymnast Shawn Johnson didn't stand much taller than the kids she greeted at the District's King-Greenleaf Recreation Center in Southwest last week — she's just 4 feet 9 — but that doesn't mean they don't look up to her.

So she made sure to emphasize that the most important reason to exercise isn't to win gold medals. "I'm going up there and saying I'm retired but I'm doing

this for fun," explains the 20-year-old, who announced less than two weeks ago that a nagging knee injury was ending her gymnastics career.

What exactly is it that she's doing for fun? That's still a little up in the air. "I'm torn between wanting to train seven hours a day and being a normal person," Johnson says.

She'll definitely be making time to play tennis with her dad and go rock climbing with friends, two favorite activities that were tricky to schedule when she was training. "If I had six hours to spare before practice, I didn't



Shawn Johnson (in red) poses with kids about to participate in drills and games.

want to tire myself out," she says. "Now I can tire myself out until I pass out."

And a marathon and a triathlon are on her bucket list for sure — along with cheerleading, at least as a spectator during the London Games this summer.

Johnson plans to reserve some of her hooting and hollering, however, for the kids she hopes to inspire through Coca-Cola's Get the Ball Rolling program. Although some may follow in her footsteps and commit to a sport, she says she's just as thrilled to see playgrounds filled with games of capture the flag and red rover. "It's about finding something you love," Johnson says. "Not getting on a treadmill." **VICKY HALLETT (EXPRESS)**

BBQ TIPS

Don't grill up a side of cancer-causing chemicals at your next cookout. Follow these guidelines from the MD Anderson Cancer Center at the University of Texas to lose the carcinogens without sacrificing the flavor.



1 Don't Char the Meat

Charring proteins such as meat, poultry or fish causes the formation of heterocyclic amines, or HCAs. "Those HCAs can damage the DNA in your genes, which leads to cancer development," explains Vicki Piper, a senior clinical dietitian at UT. Scraping off the burned parts won't do any good, Piper adds, so pull the food off before it gets black.

2 Go Ahead, Scorch Your Veggies

Vegetables and fruits don't form HCAs when charred, Piper says. So if you crave that blackened flavor, feel free to burn your veggies. (Just scrape your grill for leftover meat scraps first.)

3 Marinade the Meat

Soaking meat in a vinegar- or lemon juice-based marinade along with herbs such as mint, rosemary or tarragon can reduce HCA formation by up to 96 percent, Piper says.

4 Trim the Fat

Fat from meat, fish or poultry tends to drip through the grate on a grill, resulting in smoke filled with cancer-causing polycyclic aromatic hydrocarbons, or PAHs. PAH-riddled smoke can coat whatever you have on the grill, Piper says. So trim the fat before you toss the meat on the barbie. MARKHAM HEID (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

Meat the Parents

A lean, juicy burger can help make your Father's Day bash memorably healthy

Dads love grilling. Dads love burgers. Trouble is, good burgers don't always love Dad back.

That's because great burgers often start with fatty ground beef. All that fat keeps the burgers juicy and flavorful as they grill. And then, of course, there is the temptation to pile on toppings and condiments, like heaps of melting cheese and thick spreads of mayonnaise.

We decided to show our love this Father's Day by offering up a delicious burger that also happens to be healthy.

To keep our burger lean, we went with a 95 percent lean ground beef. You also could go for ground turkey, chicken or pork, but read the packages carefully; many ground meats aren't as lean as you might think they are.

Since most of the fat from our burger's meat was removed, we needed to add moisture. We did this by incorporating vegetables.

I know, groan! "Vegetables don't belong in burgers." But really, this is a vegetable you would have put on the burger anyway — caramelized onions. They add tons of flavor, moisture and virtually no calories. You also can make the onions well in advance so they're all ready to go when you want to make burgers. They even freeze well if you want to make a giant batch.

To top off the burger, we skipped the cheese and went with a quick homemade barbecue sauce. Best of all, you can make the sauce right on the grill; just bring a little saucepan out with you and do all the cooking in the same spot. You'll want to make the sauce first so that you know it's ready to go when the burgers are. ALISON LADMAN (AP)



MATTHEW MEAD/AP

CARAMELIZED ONION BARBECUE BURGERS

Start to Finish

30 minutes

Ingredients

- 1 tablespoon olive oil
- 4 large sweet onions, sliced
- 1 tablespoon balsamic vinegar
- 1 pound 96 percent lean ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon honey
- 1 tablespoon tomato paste
- 1 teaspoon Dijon mustard
- 3 tablespoons apple cider vinegar
- 1 tablespoon soy sauce
- 4 standard or 8 slider whole-grain burger buns

Makes Four Servings

In a large skillet over medium, heat the olive oil. Add the onions and saute until deep brown, about 20 to 25 minutes. If

the skillet gets too dry, add 1 to 2 teaspoons of water as needed. Stir in the balsamic vinegar and allow to cool.

Heat the grill to medium-high.

In a medium bowl, gently stir together the cooled onions, ground beef, salt and black pepper. Form the mixture into 4 or 8 patties, pressing a slight indent into the center of each.

In a small saucepan, combine the cumin, cayenne and smoked paprika. In a small bowl, stir together the garlic powder, honey, tomato paste, mustard, cider vinegar and soy sauce. Bring everything out to the grill.

Place the saucepan with the spices directly on the grill. Stir until fragrant and toasted, about 1 minute. Add the tomato-honey mixture to the spices and stir until simmering, about 5 minutes. Use caution: The handle of the saucepan will get very hot. Move the saucepan to the back of the grill or off to the side.

Add the burgers to the grill and cook for 4 to 6 minutes per side for medium-well. Spoon the sauce over the burgers and serve on multigrain or whole-wheat buns. (AP)

380 calories; 100 calories from fat (26 percent of total calories); 11 g fat (3.5 g saturated; 0 g trans fats); 60 mg cholesterol; 45 g carbohydrate; 28 g protein; 6 g fiber; 900 mg sodium

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In a Pole Romance
A falling set piece
leaves Lady Gaga
with a concussion **25**

Sound Bets



COURTESY MELLOW MUSIC GROUP

District Diamond

As a member of hip-hop trio Diamond District, rapper-producer Oddisee shares the mic and the music. But as the man born Amir Mohammed el Khalifa shows on his latest solo release, "People Hear What They See," this D.C. artist has the skills to be a major star all by himself.



By Christopher Porter

The free, pre-LP "Odd Renditions" EP features reworkings of tunes by indie crooner Bon Iver, soul legend Marvin Gaye, Canadian rapper K-Os and British electronica group Metronomy, and shows Oddisee's eclectic tastes. His arrangements are rich and melodic—which is why Oddisee's instrumental compositions, including last year's excellent "Rock Creek Park" LP, remain engaging without lyrics (though he's no slouch in that department).

Oddisee has a commanding, Luddacris-type voice, but his lyrics aren't party anthems: His words are smart and earnest, sometimes political but never didactic. "I'm not a star, somebody lied/I ride the subway as a car, I'm getting by," he states on "Do It All"—one of many honest, clever lines on an honest, clever album.

Hear It Now:

► Stream the "Odd Renditions" LP at <http://is.gd/AlqKKr>



Read Christopher's previous columns at: expressnightout.com/soundbets

Characters Welcome

Joel Kinnaman puts his acting chops to work in contrasting show and film genres

Profile

When Joel Kinnaman enters a room, you half expect him to be wearing a hoodie, so closely is that garment associated with Detective Stephen Holder, the scruffy, street-talking cop he portrays so memorably on the TV series "The Killing." But the actor dresses fashionably when not in character, wearing a charcoal-gray shirt and black jeans for a recent lunch interview.

A recovering drug addict seeking redemption, Holder is among the most compelling characters on "The Killing," which concludes its second season Sunday on AMC. That's saying something, given that the show—a broody drama that probes the dark nexus of politics and the law in Seattle—boasts one of the strongest ensemble casts on television. But although Kinnaman, 32, may remain best known as a badly damaged cop to the show's die-hard fans, he is starting to emerge from Holder's long shadow. He appears in two movies this summer—Fox Searchlight's "Lola Versus," which opens June 15, and the Weinstein Co.'s "Easy Money," opening Aug. 10 at Landmark E Street. And although filming has yet to begin, he's signed

Joel Kinnaman portrays a recovering drug addict and badly damaged police officer in "The Killing," a show that follows one homicide in Seattle.



Kinnaman's Softer Side

Joel Kinnaman plays an entirely different type from "The Killing's" Holder in the indie rom-com "Lola Versus," where he appears as Greta Gerwig's seemingly perfect fiancé. Rather than suppress his good looks, the film uses them to enhance his character. Daryl Wein, who co-wrote and directed "Lola Versus," first spotted Kinnaman while casting the film. "We had just started watching season one of 'The Killing,' and it was like, 'Who's that guy? We just went after him. He has this look that is unique and a little less Americana than the Chris Pines of the world.... [H]e was edgy and understated.'" (TWP)

for the starring role in the reboot of "RoboCop," tentatively scheduled for release next summer.

His perfect English notwithstanding, the strikingly handsome, green-eyed Kinnaman was born and raised in Stockholm, the son of a Swedish mother and an expatriate American father. The actor moved to America in 2009.

"I was struggling," the actor said of his first few months.

"From the moment I saw him, I knew he was right."

—VEENA SUD, THE CREATOR OF "THE KILLING" AFTER VIEWING JOEL KINNAMAN'S AUDITION TAPE.

He arrived in the U.S. with high expectations. He'd attended theater school for five years in Sweden and afterward played Raskolnikov in a nearly four-hour Swedish stage adaptation of Dostoevsky's "Crime and Punishment."

"That gave a lot of directors and producers the confidence that I could carry projects," he said. "I went on an insane work streak, filming nine features in 16 months."

Then, while in Sweden for New Year's, he made an audition tape for "The Killing," without much enthusiasm. That tape stunned those casting the show. "From the moment I saw him, I knew he was right... and we had to have him," said Veena Sud, the creator and showrunner of "The Killing." DAVID MERMELSTEIN (THE WASHINGTON POST)



Joy to the World: Joy Behar is joining Current TV as the host of a prime-time talk show, the network announced Monday. Behar's nightly program on cable channel HLN ended in December. Her new talk show will begin in September and will air Monday through Thursday at 6 p.m. Behar remains on "The View," the daytime ABC show where she has been a fixture since its debut 15 years ago. (AP)

lookout entertainment



DILLON DONOVAN

1 Widow's Peak
Describing bands by name-checking others makes it seem like everyone wants to sound like the same handful of old bands. We could say that San Francisco trio Grass Widow sounds like Wire or the Vaselines. But what it really sounds like is a train coming at you, propelled by shredding guitars and pretty harmonies. **Comet Ping Pong**, 5037 Connecticut Ave. NW; Tue., 9 p.m., \$10; 202-364-0404, Cometpingpong.com. (Van Ness)

2 No Longer Deferred
Today marks the end of "I Dream a World," a three-man art show in Georgetown filled with paintings based on ideas expressed in Langston Hughes' poetry. Painters Simmie Knox, Mason Archie and Morris Howard have all contributed to the show — Knox is a well-known D.C. portrait painter and the other two painters are his proteges. **Parish Gallery**, 1054 31st St. NW; closes today at 6 p.m., free; 202-944-2310, Parishgallery.com.

3 Girl With a Guitar
Comparing singer-songwriters to Joni Mitchell is almost always a losing proposition for the one who isn't Joni. While Laura Marling's confessional indie folk songs aren't as iconic as Mitchell's hits, they have a similar sensibility — specific, smartly expressed emotions and lilting melodies that will find their way onto every breakup playlist you make from now on. **9:30 Club**, 815 V St. NW; Tue., 7 p.m., \$25; 202-265-0930, 930.com. (U Street)



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A Swell Solo Act

Marketa Irglova ventures out beyond the confines of 'Once'

Music

Marteka Irglova's Oscar-winning music from the movie "Once" is again center stage. The Broadway adaptation of "Once" was crowned best musical and earned seven other trophies at Sunday's Tony Awards.

But Irglova, 24, has moved on from the film that gave her that taste of success. Last year, she released her first musical project apart from Glen Hansard, her musical partner (and ex-boyfriend) in "Once" and



Since starring in "Once," Marketa Irglova has forged her own path with a solo album.

what I wanted to do, and then out of a hobby it slowly became something I did more seriously with Glen. Now I absolutely feel very strongly that music is my purpose.

How did that prepare you for being on the road with Iron & Wine?

The more different circumstances you can get, the more learning you can gather from it, and being more or less the center of attention with Glen and then going to backing vocalist in the background, no one is there to see you, they're there to see Sam Beam and you're just a voice. That was really, really great for me because it reminded me of singing in a choir.

Musically, your album takes a departure. Was it important for you to have a different type of sound?

It's not like it was intentional, that

Dynamic Duo

Once, Again

Marketa Irglova's Swell Season partner, Glen Hansard, is working on a solo album, but Irglova says we haven't seen the last of their band. "I see Glen and I making another record for sure and touring," she says. "It's more just [a matter of] when." (AP/EXPRESS)

I was looking for a departure from what I had done before. It's more that what I had done before was very much a collaboration of two people in terms of writing the songs, and also it was a man and a woman, now it's two girls. ... It's very, very feminine as a result.

NEKESA MUMBI MOODY (AP)



Icing on the Cake: "Cake Boss" Buddy Valastro is finally giving fans of his TLC reality show a chance to taste his cakes. Dawn Foods, the company that supplies his Hoboken, N.J., bakery with such goods as sugar and flour, will use Valastro's recipes to mass-produce a line of cakes that will be sold in bakeries and grocery stores this summer. "We came up with the designs using my exact ingredients and baking instructions," Valastro said. (AP)

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look at TV tonight

Best

A woman with blonde hair, wearing a blue tank top, with her mouth open in a shout or scream and her arms crossed over her chest.

NBC
10:00

Love in the Wild The new couples' first challenge in the Dominican jungle has them jumping into murky waters from a 40-foot cliff. One man and one woman are eliminated in an emotional Couple's Choice ceremony, but a surprise twist has the remaining contestants rethinking their connections in this new episode. Jenny McCarthy hosts.

HIST
10:00

United Stats of America It's all about the Benjamins in the new episode "Money Talks," in which Randy and Jason present a pocketful of financial facts and figures. Who makes the most? What does it buy? And how has the fiscal picture changed?

TNT
10:00

Franklin & Bash Sean Astin guest stars in this new episode as an aspiring crime-fighter at the center of Jared and Peter's first manslaughter case. Peter's mother (guest star Jane Seymour) has some news that leads to a change in his living arrangements.



BARTER KINGS

A&E
9:00

Trading on Up

Just what we need. Another show about stuff. Steve McHugh and Antonio Palazzola, the stars of "Barter Kings," are determined to own a lot of things. But they also have this thing about cash — they don't use it. They barter for everything. And in every installment of "Kings," they will compete in a series of barter to see who trades up the best and ends up with the most valuable item. KEVIN MCDONOUGH (UNIVERSAL UCLICK)

RealityTV

A circular inset photo of a man with short brown hair, wearing a red sweater over a white shirt and a blue tie. He is looking to the side with his finger pressed against his lips in a 'shh' gesture.

Coach Pain

"The Next Big Thing: NY" (11 p.m., Oxygen) follows performance coach Trapper Felides as he helps young performers get discovered. He's obnoxious and judgmental — imagine Simon Cowell as a mean variation on a gay stereotype and you're getting close. (UCLICK)

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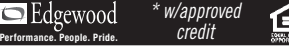
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▲
“It’s cute vs. fluffy in this battle for the ages. What they’re fighting about, nobody knows. ... But we think it’s safe to say that everybody wins in this situation.”

— **KATLA MCGLYNN AT HUFFINGTON-POST.COM** clearly enjoyed a video of a kitten and a bunny wrestling on a carpet.

▲
“Given that Vincent Orange ran against Kwame [Brown] for council chair in 2010, I propose that his special election slogan be: ‘Told Ya So.’”

— **@DCIST_MARTIN** comments on the upcoming special election for the D.C. Council chair in November, after the position was vacated by Brown, above, following felony bank fraud charges last week.



▲
“If there is any celebrity alive who could resurrect the long decomposed format of the hour-long variety show, it is Neil Patrick Harris, who last night also gave an invigorating ass kick to the notoriously plodding Tony Awards.”

— **AARON COLEMAN AT QUEERTY.COM** offers high praise for the host’s performance on Sunday night’s Tony Awards.

“If you thought the dud that was ‘Battleship’ meant the end of Hasbro bringing anymore of their games and toys to the big screen, you thought wrong. ... Now they’ve hooked up with Sony Animation and Happy Madison to bring Tonka Trucks into your favorite movie theater. Wait, Happy Madison? Isn’t that Adam Sandler’s [company]? Yep, it is. It’s not that much of a shock, as he’s actually co-writing the Candy Land movie that’s in the works as well.”

— **TRAVIS HOPSON AT PUNCHDRUNKCRITICS.COM** is surprised that more 80s toy franchises are becoming movies, after “Battleship” made only \$80 million worldwide.

▲
“Weather wimps? In Philly, letting kids out of school early [Monday] for heat. Forecast high: 83.”

— **@CAPITALWEATHER** was a bit surprised to hear that Philadelphia public schools closed at noon Monday because of expected heat and humidity.




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Horoscope

GEMINI (May 21-June 20) You'll want to take all necessary precautions today. Dangers may not announce themselves before you encounter them.

CANCER (June 21-July 22) All you've been doing to save your money may not be quite enough right now, and a friend has the key to economizing on many fronts.

LEO (July 23-Aug. 22) Honest talk with someone who does not always agree with you can result in a deeper understanding of a key issue. Share what you know.

VIRGO (Aug. 23-Sept. 22) You may feel as though the odds are against you today, but you are in an advantageous position. Don't make a hasty decision.

LIBRA (Sept. 23-Oct. 22) You don't want to be looking over your shoulder all day long, so now is a good time to come clean and deal with the repercussions.

SCORPIO (Oct. 23-Nov. 21) You can introduce a friend or loved one to something new today — and he or she will make you proud when the time comes.

SAGITTARIUS (Nov. 22-Dec. 21) You're waiting for someone else to make the first move when in fact it's already been made — by a third party.

CAPRICORN (Dec. 22-Jan. 19) Someone you know well may be trying to take advantage of a situation that cannot be adequately controlled.

AQUARIUS (Jan. 20-Feb. 18) You may find yourself in over your head in some regard today, but it's never too late to minimize danger by altering your course.

PISCES (Feb. 19-March 20) What begins as a casual interest is likely to develop quickly into something that you certainly want to explore as fully as possible.

ARIES (March 21-April 19) A situation that is sprung on you today needn't prove difficult. You are able to assess things quickly and adjust accordingly.

TAURUS (April 20-May 20) See if you can't adopt a more positive outlook regarding a recent endeavor that hasn't panned out the way you had anticipated.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 227

E ₁	E ₁	O ₁	T ₁	P ₃	C ₃	M ₃

--

 RACK 1

A ₁	U ₁	Y ₄	R ₁	P ₃	P ₃	S ₁

Triple Word Score

--

 RACK 2

E ₁	O ₁	U ₁	S ₁	L ₁	G ₂	C ₃

2nd Letter Double

--

 RACK 3

E ₁	E ₁	O ₁	M ₃	B ₃	R ₁	V ₄

--

 RACK 4

Yesterday's Solution

C ₃	O ₁	N ₁	G ₂	E ₁	S ₁	T ₁
P ₃	E ₁	O ₁	P ₃	L ₁	E ₁	
T ₁	A ₁	P ₃	R ₁	O ₁	O ₁	T ₁
I ₁	N ₁	F ₄	L ₁	E ₁	C ₃	T ₁

 PAR SCORE 145-155
 RACK 1 = 60
 RACK 2 = 10
 RACK 3 = 65
 RACK 4 = 74
 TOTAL 209

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

				2		1	
	2	5		7	8	6	3
8		3		6	5		7
	5			8	2		1
6	9					2	5
1			9	5		6	
	8		5	3		9	2
2	6	4	8	9		1	5
	3			1			

Yesterday's Solution

3	6	5	2	7	1	4	9	8
2	8	7	9	5	4	3	1	6
9	1	4	3	8	6	2	7	5
4	2	9	6	3	7	5	8	1
5	3	6	4	1	8	9	2	7
8	7	1	5	9	2	6	3	4
6	5	8	1	2	9	7	4	3
7	9	3	8	4	5	1	6	2
1	4	2	7	6	3	8	5	9

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

83 | 72

Today: Heavy storms today. A storm or two early tonight, then a few showers.

84 | 66

Tomorrow: Cloudy tomorrow, then clouds and sun. Partly cloudy tomorrow night.

Looking Ahead

THU **FRI** **SAT**
78 | 63 80 | 63 81 | 65

Sun and Moon

Sunrise today: 5:42 a.m.
 Sunset today: 8:34 p.m.
 Moonrise today: 1:25 a.m.
 Moonset today: 2:24 p.m.

Almanac

Normal high: 83
 Record high: 101
 Normal low: 65
 Record low: 45

FORECAST BY ACCUWEATHER.COM ©2012

FEELING DEPRESSED?

A clinical research study for an investigational medication is currently enrolling people who

- Are currently taking an antidepressant but still need additional relief
- OR
- Are not taking any antidepressant medications but think they may have depression

Minimum Qualifications

- An adult between 18 and 65 years old
- Currently experiencing symptoms of depression

What is Involved?

- Receive study medication and study-related medical care at no cost

COMPENSATION FOR TIME AND TRAVEL MAY ALSO BE PROVIDED

To learn more and find out if you may qualify, please visit

www.DepressionStudies.com
Marc Hertzman, M.D. 301.984.8800



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lookout puzzles

Crossword

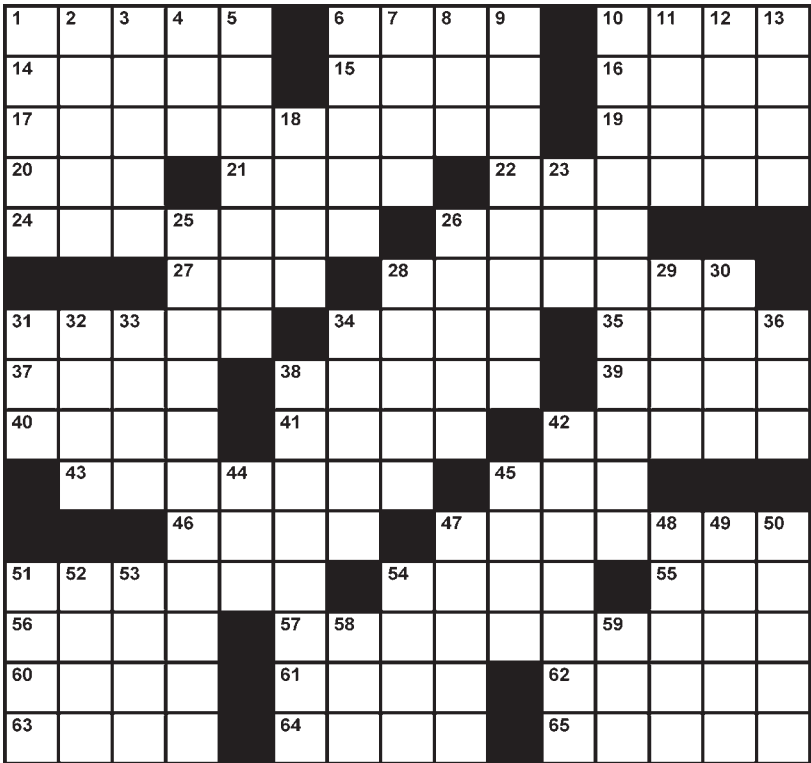
HIGH TIMES

ACROSS

- 1 Cleanse
- 6 Versatility list
- 10 Mr. Strauss of pants fame
- 14 Bubbling on the stove
- 15 Confined (with "up")
- 16 Long-billed wading bird
- 17 Natural good judgment
- 19 Metal wrap
- 20 Palindromic boy king
- 21 Coin featuring Lincoln's likeness
- 22 Roast need
- 24 Marked text to keep
- 26 Angel's overhead ring
- 27 Rattle one's cage
- 28 Duties for importers
- 31 Dining room enticer
- 34 Fast companion
- 35 Airport feature
- 37 Lymph ____ (immune system part)
- 38 Almanac fodder
- 39 Concept
- 40 Not a happy fate
- 41 Author Murdoch
- 42 Balls of yarn
- 43 "The story you're about to hear is true" show
- 45 "That's all ____ wrote!"
- 46 You may scratch with them
- 47 Pretend
- 51 Respiratory disorder
- 54 Impoverished
- 55 Kind of sauce
- 56 Spelling of "Beverly Hills, 90210"
- 57 Where to spin one's wheels
- 60 Norse god of war
- 61 "____ went thataway!"
- 62 Growing out
- 63 Sleight-of-hand wiz
- 64 Daytime TV drama
- 65 "Hamlet" characters, e.g.

DOWN

- 1 Thailand currency units
- 2 Approximately
- 3 Dessert not for the diet-



EDITED BY TIMOTHY E. PARKER

conscious

- 4 That gentleman's
- 5 Mourning became her
- 6 Knock for a loop
- 7 Deposited in a mailbox
- 8 Naval rank (Abbr.)
- 9 Cruise-cabin attendants
- 10 Carefree, comfortable existence
- 11 Black, in stanzas
- 12 Famous Henry's number
- 13 Bit of land in the sea
- 18 Search, in a child's game
- 23 Whitney who invented the cotton gin
- 25 Conveyance for Marty McFly
- 26 Mates for does

- 28 Implied
- 29 Lose color
- 30 Certain diving duck
- 31 As well as
- 32 Cathedral cross
- 33 Gas leak indicator
- 34 Big bunnies
- 36 Faux ____ (blunder)
- 38 Aesthetic pursuits
- 42 Like some scorched steaks
- 44 Bad thing to have for people with class?
- 45 Wild plum
- 47 Tentacled animal
- 48 Chinese or Japanese, e.g.
- 49 Short adventure tale
- 50 Rug rats
- 51 Physics bit

- 52 Word with pop or fountain
- 53 Math subject
- 54 Thing entered in court
- 58 "I get it now!"
- 59 Carrier of genetic info

Yesterday's Solution



Today in History

1937 The National Baseball Hall of Fame and Museum is dedicated in Cooperstown, N.Y.

1942 Anne Frank, a German-born Jewish girl in Amsterdam, receives a diary for her 13th birthday.

1887 President Ronald Reagan, during a visit to the divided city of Berlin, challenges Soviet leader Mikhail S. Gorbachev to "tear down this wall."

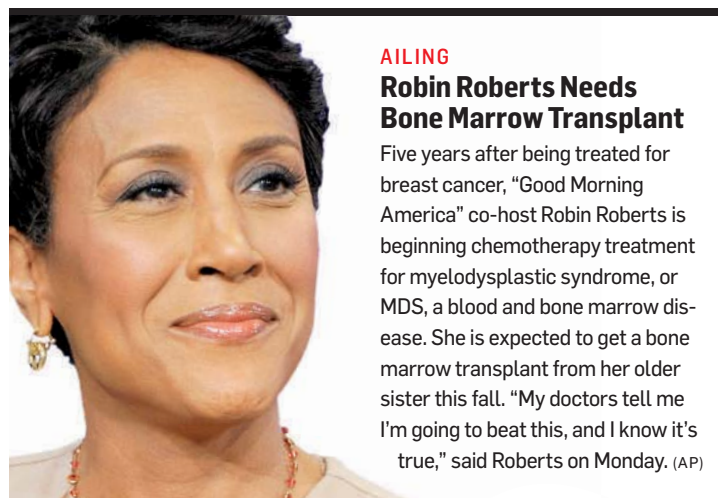
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people **lookout**
AILING
Robin Roberts Needs Bone Marrow Transplant

Five years after being treated for breast cancer, "Good Morning America" co-host Robin Roberts is beginning chemotherapy treatment for myelodysplastic syndrome, or MDS, a blood and bone marrow disease. She is expected to get a bone marrow transplant from her older sister this fall. "My doctors tell me I'm going to beat this, and I know it's true," said Roberts on Monday. (AP)

A SUGGESTION
'Divorce Court' Is Still on the Air, Y'all

The upcoming depositions of Kris Humphries and Kim Kardashian for their divorce case will not be videotaped, Radaronline.com reported. Humphries' lawyer insists that there will be a trial and that it will be on TV. Unnamed sources told Radar that Humphries wants an apology and Kardashian won't give one. (EXPRESS)



Was that a DENIM blazer? Kim was incensed. Who let Kris dress himself?


rites of passage
Manchild Finally Drops the 'Child' in Sacred Ceremony

David Arquette visited Israel to shoot his Travel Channel show and ended up having a bar mitzvah. Arquette, 40, completed the Jewish rite of passage Monday in Jerusalem at the Western Wall. His mother was born Jewish, making him Jewish under religious law. Arquette attended a ceremony and was then asked whether he would like to have one as well. (AP)



WONG MAYE/AP

This is Gaga's equivalent of the comfy tracksuit in which you run errands.

CONJECTURE
Madonna Has No Alibi

Lady Gaga was struck on the head by a pole while performing a concert in Auckland, New Zealand, on Sunday. Clips posted online show a backup performer accidentally striking Gaga with the set prop. Gaga, holding a mock machine gun, staggers and rubs her head before briefly leaving the stage, then returning. Her makeup artist, Tara Savelo, tweeted Monday: "Gaga has a concussion but she is going to be okay ... cant believe she finished the show." (AP)

Victims

Pink Bag Was a Diversion From Meth Lab in Trunk

The other half of the Lindsay Lohan car accident — the driver of the truck that collided with Lohan's Porsche — told TMZ.com that he was injured and has secured a lawyer. The man also told TMZ that Lohan's assistant took a pink bag from the Porsche and asked the driver not to speak of it. (EXPRESS)

"I don't like to be around people that drink, because then I'll miss it."



— NICOLE "SNOOKI" POLIZZI REVEALED TO "GOOD MORNING AMERICA" HOW SHE RESISTS THE TEMPTATION OF DRINKING EVEN THOUGH SHE IS PREGNANT.

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Over a period of one to three visits of one to three hours each, participants will be interviewed and complete computer tasks during which heart rate will be recorded. Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests.

Compensation will be provided.

For more information, please call:

1-800-411-1222 (TTY: 1-866-411-1010)

Se habla español Or go online, clinicaltrials.gov

Refer to study #: 01-M-0185 or 02-M-0321

Department of Health and Human Services
National Institutes of Health
National Institute of Mental Health

The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland.

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